

Health and Wellness Advisory Group
February 15, 2011

Attendees: Odile Saddi, Phil Smakula, Julian Mansfield, Joanne Balkovich, Roliette Gooding, Selma Sweetbaum, Mary Sweeney, Matt Kelleher, Shawn Brennan, Michael Patterson, Anne Tran, Danielle Balsam, Alex Holder. Regrets: Steve Galen; Pazit Aviv; Wendy Friar

Follow up

Introductions	
<p>MCRD Senior Programs Update Phil told everyone that centers have cut back hours and 8 of the neighborhood senior programs have lost their funding. The department plans to request funding to reinstate the programs in FY12 but since \$4 million needs to be cut, it seems unlikely. Selma said the senior program participants at Coffield are welcome to join the JCC group. Mary said Charles E. Smith will be sponsoring a program at Potomac Community Center. The CE will release the County budget on March 15; Council approves in May.</p>	<p>Do Coffield seniors know they are welcome to join JCC's program there?</p> <p>Mary: Details about program at Potomac Community Center?</p> <p>Odile to e-mail the group the COA priorities and Mr. Beech's Power Point presentation on the budget.</p>
<p>Survey Results Shawn reviewed 13 responses to Survey Monkey survey, focusing on responses that received greater than 50% response rate.</p> <p><u>Benefits:</u> feel good about helping to improve well being of seniors; enjoy meeting people/networking; better understand how County is involved in H&W issues; enjoy hearing what others are doing.</p> <p><u>Appropriate Goals:</u> Find ways to collaborate on promoting H&W events; identify gaps in H&W services by region; maintain fall prevention efforts; collaborate to seek funding for H&W.</p> <p><u>Other suggestions:</u> Focus on budget and advocate for preserving funds; think long term; develop 20 year plan; focus on preventing cognitive decline; understand Affordable Care Act and Medicare;</p> <p><u>During meetings:</u> Work on concrete H&W goals; explore ways to advocate for H&W in tough budget times; coordinate programs with</p>	<p>Will try to increase fun factor. Odile's chocolate was a good start!</p> <p>Look into www.healthymontgomery.org as potential way to promote programs/activities, and to see how this information may help our work.</p> <p>Group can request promotion of events via list serv Odile manages.</p> <p>Recruit Michael to do a CCL training on brain health, especially focusing on latest research.</p> <p>Ask OMB staffer to discuss budget with us.</p>

<p>other orgs; explore ways to enable cut programs could continue; discuss ways to reach hard-to-serve; discuss barriers to meeting needs of seniors.</p> <p><u>Commitment to the group</u>: 92% respondents plan to continue to participate frequently in the next year and 85% commit to meeting every other month.</p>	<p>Recruit someone to help us understand problem of doctors dropping Medicare.</p>
<p>Update on current priorities Fall prevention: Julian said that over 40 people came to a fall prevention chat; Mary said the fall prevention brochures she distributed in the C.E. Smith communities have all been picked up. National Healthcare Decisions Day Shawn talked about Consider the Conversation, a documentary exploring end-of-life. Will be part of an event scheduled for Thursday, April 7, 2011 from 6:30-9:00 at the Silver Spring Civic Building.</p> <p>Group confirmed its commitment to these two priorities in 2011.</p>	<p>Shawn to e-mail a PDF of the flyer to the committee and follow up with group suggestions to:</p> <ul style="list-style-type: none"> • Share with the faith community • Post on the Senior website • Try to reach families and not just seniors
<p>Review of Original Goals for the Group Odile reminded the group of the document distributed Aug. 19, 2009 which outlined topics for the group to monitor: Chronic Disease Self Management Program Nutrition education Exercise and bone health Communication and outreach about health and wellness resources Identify best and promising practices Advocate that CHIP address aging issues Expand multi-component exercise programs Identify measurable outcomes.</p>	
<p>Upcoming Events <u>Fire and Rescue</u>: Matt announced Hoarding Task Force. Recommendations will be presented to County Council on March 10. <u>Suburban Hospital</u>: Roliette announced Women's Health Symposium, Feb. 17. <u>JCC</u>: Selma announced Health Expo at Leisure World planned for May 26. Last year's event attracted 1000 people. Also, a family event planned for September. <u>Sr Connection</u>: Joanne announced expansion into grocery shopping and serving Upcounty.</p>	<p>Has Mary connected with Leslie Marks on affordable housing?</p>

<p><u>Vital Living Committee</u>: Joanne announced work with libraries; Shawn added information about new booklet: <i>Navigator: Vital Living after 50</i>.</p> <p>Julian: <u>Friendship Heights</u> to plan brain health event, CPR and defib usage.</p> <p><u>C.E. Smith</u>: Mary said C.E. Smith plans to hold an open house for professionals and plan a forum on affordable housing.</p> <p><u>Commission on Health</u>: Odile announced their plan to sponsor a fitness day in May.</p> <p><u>Adventist Health Care</u>: Will sponsor Cancer Screening Days at each hospital (March 6, Washington; March 20, Shady Grove)</p>	<p>Shawn to find out details about COH's Fitness Day.</p>
<p>Next meeting</p> <p>Phil reminded folks that early afternoon is often busy at Holiday Park.</p> <p>Meeting was scheduled for Tuesday, April 12 at Holiday Park.</p> <p>Tentative agenda:</p> <p>Discuss how we can support brain health</p>	<p>Phil please look into room availability</p> <p>Shawn talk to Michael Patterson about brain health.</p>
<p>Future meetings</p> <p>Invite CHIP manager</p> <p>Invite OMB presenter</p> <p>Plan for 2011, falls prevention activities</p>	<p>Core group will meet and begin planning accordingly.</p>